

Khudaar ka badan ku dar cuntadaada

10 taloyin ee lagugu caawinayo cunidda khudaar badan



Waa fudud yahay cunidda khudaar badan! Cunidda khudaar waa muhiim sababtoo ah waxay baxshaan fitaamin iyo mac-danka jirkeena uu baahan yahay iyo badanaa waxaa ku yar kaloriye. Si aad cuntadaada ku darto khudaar ka badan, raac taloyinkaan fudud. Waa ka fudud yahay wixii aad u maleyso.

1 Baro habab si dhaqso ah cunto lagu kariyo

Foornada microwave si dhaqsi ah ku kari khudaarta caadiga ah ama mappaan barafaysan kadibna ku dar cuntadaada. Digirta cagaaran, karootada ama brokoliga baaquli geli iyo ku dar biiyo yar kadibna geli microwave'ga sidii aad halkaas ugu uumiso.



2 Ku horeey tartanka

Jar barbarooni, karooto ama barokoli. Baakad ama bac geli si aad waqtidambe u isticmaasho. Waaad ku dari kartaa saladh, hummus ama rooti ayaad ku duubi kartaa.

3 Xulo khudaar midabyo xoog leh qabo

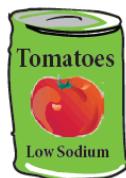
Saxankaaga cuntada ha ku jiro khudaar casaan, oraanje ama cagaar madow ah. Fitaamin iyo macdan badan aaya ku jiro. Tijaabi bocorka, yaayada yar-yar, baradhada macaanka ah, ama digirta cagaaran. Dhadhan fiican ayey leeyihiin iyo isla markiiba way kuu fiican yihiin.

4 Dukaamada ka raadi khudaarta barafaysan

Khudaarta barafaysan waa kuwo si fudud iyo dhaqsi ah loo isticmaali karo iyo waa nafaqo sida khudaarta caadiga oo kale. Isku day inaad cuntadaada ku darto ama inaad gaar ahaan u cunto galley, digirta cagaaran ee kuusan, digir cagaar ah, isbinash, ama digirta cagaaran ee macaanka ah.

5 Dhigaali khudaaraha

Khudaarta ku jirto gasac waxay u fican yihiin in lagu daro cunto walba, sidaas awgeeda soo iibso yaanyo gasac, digirta nooca kidney ee gasac ku jiro, digirta garbanzo, mushrooms iyo beets. Xulo kuwa ku qoran "reduced sodium (cusbada laga yareeyey)," "low sodium (cusbo yar)," ama "no salt added (cusbo laguma darin)."



6 Saladkaaga midabyo kala duwan ha lahaado

Saladkaaga ku dar khudaar midabyo kala duwan leh sida digirta madow, barbarooni casaan ah oo la jar-jarey, kaabash casaan oo la jar-jarey, ama khudaarta radish iyo watercress. Saladkaaga qurux ayuu noqon doonaa iyo sii maacan ah ayuu u dhadhmi doonaa.



7 Cab maraq khudaar

Kulluley iyo cun. Tijaabi maraq yaanyo, bocor, ama khudrad isku qasan. Raadi maraqa cusbada ku yar yahay.

8 Markii aad dibedda cunto ka cuneysa

Haddii aad cashada ku cuneysa guriga dibeddiisa, ha wal-walin. Markaad cunto dalbanayso, weydii inay kuu keenaan khudaar dheeraad ah ama saladh intii aad xulan leheed wax la shiiley.

9 Dhadhami khudaarta xilliga gaarka ah soo baxa

Soo iibso khudrad xilliga aad cunayso soo baaxey, si aad u hesho dhadhanka ugu fiican iyo qiimaha ugu jabani. Eeg khudaarta ugu fican ee dukaankaaga ku iibyo qiimooyinka ugu jabani. Ama u booqo suuqa beeralayda xaafaddaada.



10 Tijaabi khudrad cusub

Weligii ma ogaan kartid wixii aad jeelaan doontid. Xulo khudrad cusub – ku dar cuntada aad kariso ama internetka ka eeg sida loo kariyo.